



OUR ONLINE PROGRAM IS ACCESSIBLE FROM ANY DEVICE, 24/7.

ONLINE PROGRAM

by Doctor Vermani, C.Psych., Clinical Psychologist

STRESS/EMOTIONAL HEALTH MANAGEMENT

FOSTERING A CORPORATE CULTURE OF WELLNESS

Corporate wellness tends to focus largely on employee physical health. Today, organizations are beginning to realize that wellness needs to include programs aimed at protecting mental health in order to increase performance, productivity and team cohesiveness. Both mental and physical health require attention! Companies and the economy suffer when we do not address both.

Dr. Vermani's Online Program provides helpful strategies that facilitate effective management of work and life challenges and foster healthier employees, teams and workplaces.



36 Lombard Street, Suite
501 Toronto, Ontario M5C
2X3 Tel.# 416-291-7373
Toll-Free: 1-855-800-0273
Fax.# 416-291-7375
E info@mvstartliving.com
W mvstartliving.com

FEATURES

Our online program utilizes the latest technology to maximize information retention and behaviour modification with animation-based modular training.

EACH LESSON INFORMS AND PERSONALIZES ITS MESSAGE WITH RELATABLE LIFE-EXPERIENCE STORIES.

Our brains are far more engaged through storytelling than lists of facts. Tying psycho-educational information with real-life relatable examples helps us feel hope and commit to change.



STOP JUST EXISTING AND START LIVING!



BOOST MORALE, PRODUCTIVITY AND ENGAGEMENT

WE SUPPORT CHANGE. **CELEBRATING SUCCESS** Our step-by-step digital programs motivate, encourage and reward participants with merit badges that keep participants focused and on track to reaching their goals.

Our online life-lessons address their struggles home or anywhere, 24/7. Our structured program begins with psycho-education and awareness building, and guides users through their commitment to positive incremental change. This platform also allows employees to share valuable life lessons with family members.

COMPANIES, LONG THE TOP LONG-TERM

Sairanen, S., Matzanke, D., & Smeall, D. (2011). The business case: Collaborating to help employees maintain their mental well-being. *Healthcare Papers*, 11, 78-84. and Towers, Watson. (2012). *Pathway to health and productivity*. 2011/2012 Staying@Work survey report. North America.

NEARLY HALF (47%) OF WORKING CANADIANS 'AGREE' THAT THEIR 'WORK AND PLACE OF WORK IS THE MOST STRESSFUL PART OF THEIR DAY AND LIFE.'

Ipsos Reid. (2013). *Partners for Mental Health* and article: Two in Ten (16%) Working Canadians Say Their Place of Work is Frequently the Source of Feelings of Depression, Anxiety or Other Mental Illness.

CORPORATIONS LOSE AN AVERAGE OF 16 DAYS OF PRODUCTIVITY PER YEAR PER WORKER DUE TO ISSUES RELATED TO STRESS, ANXIETY OR DEPRESSION.

36 Lombard Street, Suite
501 Toronto, Ontario M5C
2X3 Tel.# 416-291-7373
Toll-Free: 1-855-800-0273
Fax.# 416-291-7375
E info@mvstartliving.com
W mvstartliving.com



STOP JUST EXISTING AND START LIVING!